This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-8 (canceled).

Claim 9 (previously presented): The method according to claim 25, further comprising the step of adjusting an intensity of a signal fixing said actual weather field according to the high frequency signal for optimizing a reduction of electrostress.

Claims 10- 12 (canceled).

Claim 13 (previously presented): The method according to claim 25, wherein a signal fixing said actual weather field is time limited and assembled in an endless signal train.

Claims 14 - 15 (canceled).

Claim 16 (previously presented): The method according to claim 27, wherein said extracting step further comprises the step of digitally subtracting a selected signal for the natural

alternating electromagnetic field from a received mixed signal spectrum.

Claims 17 - 24 (canceled).

Claim 25 (currently amended): A method for reducing an electrostress acting on human cells when ~~of~~ transmitting a high frequency signal between a transmitter and a receiver, the method comprising the steps of:

a) linking the high frequency signal with a signal for a natural alternating electromagnetic field to form a linked signal, wherein the signal for the natural alternating electromagnetic ~~magnetic~~ field approximately conforms to an actual weather field;

b) extracting the high frequency signal from the linked signal in the receiver; and

c) controlling the natural alternating electromagnetic ~~actual weather~~ field by selective control information related to a weather situation.

Claim 26 (canceled).

Claim 27 (currently amended): A method for reducing an electrostress acting on human cells when ~~of~~ transmitting a high frequency signal between a transmitter and a receiver, the method comprising the steps of:

a) linking the high frequency signal with a signal for a natural alternating electromagnetic field to form a linked signal;

b) extracting the high frequency signal from the linked signal in the receiver; and

c) extracting the high frequency signal in the receiver from the signal for the natural alternating electromagnetic field having a given spectral time curve stored in a memory of the receiver, wherein said extracting step occurs by extracting from an endless repeat spectra of sferics each being recognized in terms of time by means of time spectrum recognition in a respective repeat period.

Claims 28 - 30 (canceled).